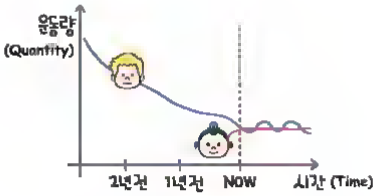
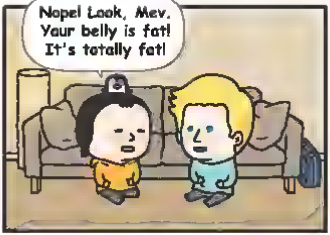


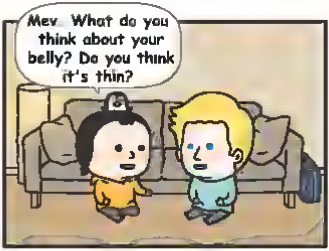
However, unlike me,
Mev has been doing less and less
exercise over the last two years.

He used to exercise every day
at the gym but now he seems
to do less than me.


Nope! Look, Mev.
Your belly is fat!
It's totally fat!

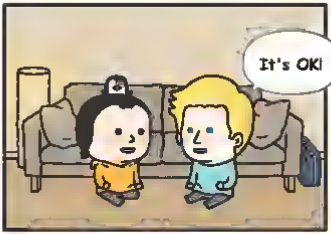
I saw that you were eating a bag of crisps after dinner.
Do you think it's really OK that you don't run today?

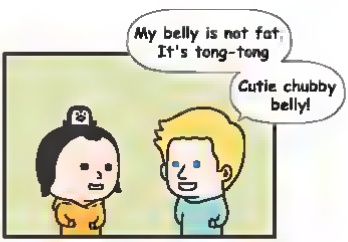
But he didn't want to exercise



So I decided to give him some motivation.

I remembered that Mev studied that expression a long time ago, I was impressed that he's still remembered it.

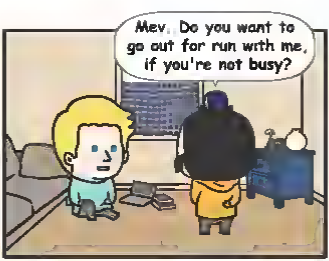




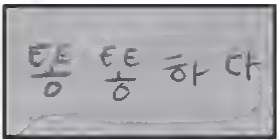
*Tong tong: Chubby

Since that time,
for the last two months,...

... I'm exercising for 30 minutes
3 times a week regularly.



So one day, I suggested that Mev run with me.



Because he got it wrong

*통통하다

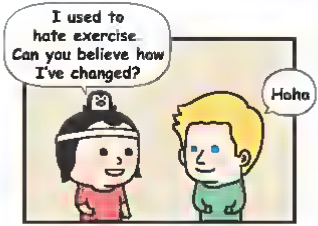
Mev seemed
he really didn't want to run that day
so I decided to let him off the hook.

But soon,
Mev's fat belly needed to be
on the street.

Let's exercise.

Do you remember that
my new year's resolution was
to exercise?

I thought it would help him do more exercise



I'm not doing a great amount but it's still a big change for me.

Also now, I think I know a bit about the joy of exercise so I'm going to work out harder in the future